

TAEKWON-DO

FOR PEOPLE

IN

WHEELCHAIR

KWON-DO

By

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A thesis submitted in partial fulfillment of the requirements for the degree of
4th Degree Black Belt of Taekwon-Do

2007

ABSTRACT

**TAEKWON-DO FOR PEOPLE IN
WHEELCHAIR**

By Jorge Orman

People in wheelchair can do many things, more than we can imagine. This work is a documentation of my experience teaching Taekwon-Do to people with this kind of impediment.

I sincerely hope this work will inspire other Taekwon-Do instructors to teach handicapped people.

Teaching handicapped people is a great experience; the communication and gratification means that however much you give you feel greatly enriched by the experience.

This experience gave me the true meaning of the principles of Taekwon-Do.

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Finally to my father who gives me the push to continue creating and without his support I should be nothing.

INTRODUCTION

It was in Rosh Hashanah (new years day), at the home of my friend and student, Ronen, that I meet the dance group of his wife Dina. Half of the group was handicapped in wheelchairs. The daughter of Ronen asked me to teach her, how to bandage her hands for work on the heavy bag and how to hip it correctly. Then these guys in wheelchair asked to. And suddenly one of them asked the magic question, “Why don’t you teach us?” .

One thing lead to another and I started to build a programme for teaching them. The axiom was to Teach to people with different geometry.

First of all, I saw what could and could not do in a chair. Then I tested it with my office chair (with wheels!) and tried to apply this with my heavy bag. I got many bruises and fell over, until I got my first real wheelchair.

The students taught me how to drive this artifact and more importantly how to prevent accidents and falling.

After a while I realized that we had to start the classes in order to continue to develop the programme because I had to learn about handicaps and disabilities from them, in a live situation in order to continue developing a teaching programme.

All the time the students helped me with all the tasks and there was very much interest with the project.

In the subsequent chapters I'll try to explain the methodology I created.

Chapter 2

OBJECTIVES

The motives why people train and learn martial arts are many and diverse.

People in wheelchair have the same reasons for this activity and in addition a better feeling of healthiness in the upper body. This kind of exercise relaxes the muscles of the upper back that so frequently contract.

It is very important to teach Taekwon-do in a atmosphere of fun and as the student enjoys himself he realizes he can defend himself and thus his self esteem and confidence grow

UNDERSTANDING LIMITATIONS AND CAPABILITIES

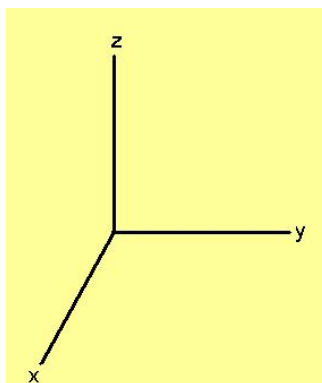
In this chapter I'll explain the physical limitations and capabilities of people in wheelchair.

Taekwon-Do is based on specific, logical and scientific principles. Understanding these principles we can teach Taekwon-Do to all people with different kind of abilities and disabilities. Teaching people with disabilities is no different from teaching any one else. We just have to be a little more creative.

If a student is unable to kick, then it is possible to use a technique to replace such kick.

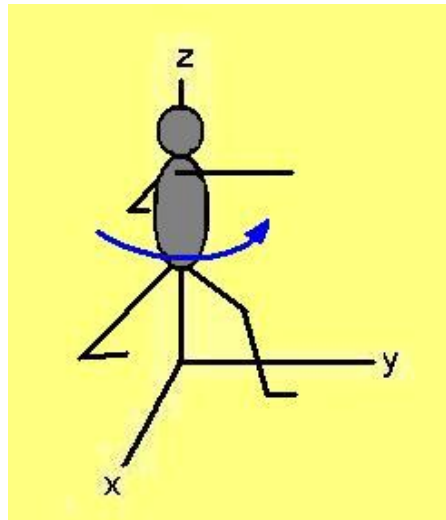
Once one understands the principles of the Taekwon-Do, There is no difference in teaching it to different types of students. Taekwon-Do is the study, training and development of body-mind-spirit and what the body can't do, the spirit makes up for.

The Taekwon-Do movements are executed in three dimensions and these are: **x**, **y** and **z**. **x** and **y** defines the surface and **z** defines the height.

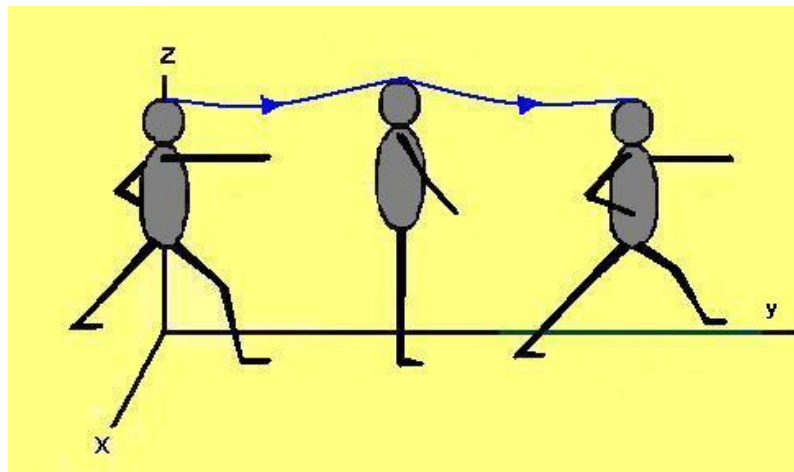


Students that can walk, execute their movements in these three coordinates in combination of two basic movements.

The first is in the surface in any movement forward, backward and sideways. The power of this movement comes from the twist of the waist.

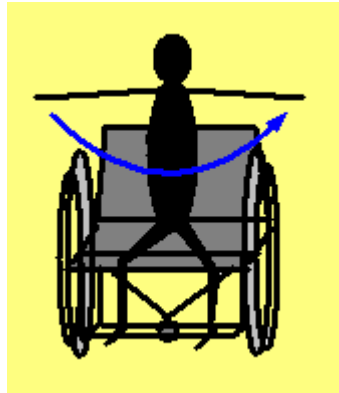


The second movement, up and down, takes advantage of the gravity force to add power to the technique. (the sinus wave)



Taekwon-Do takes advantage of the correct combination of these movements and achieves the maximum power with this technique.

People in wheelchairs only can move the body in the **x** and **y** axis as we can see in the next figure.



The possibilities are many and what I did is to change the *geometry* of the techniques and where there had to be a kick, replaced it by a similar hit with the hand.

Front Kick – Apcha Busigy



Front Punch – Ap Joomuk Jirugi



**Side Attack with Knife Hand – Sonkal
Yop Taerigi**



**Outward Strike with Back Fist – Dung
Joomuk Yop Taerigi**

Round Kick - Dollyo Chagy



**Outward Strike with Side Fist – Yop
Joomuk Yop Taerigi**



Side Kick – Yop Cha Jirugi



Side Punch – Yop Joomuk Jirugi



Chapter 4

EQUIPMENT

The necessary equipment for this activity is defined by the program that follows each instructor. This is a list of items that I consider essential for my programme.

Security Wheel. The most important artifact for any sportive activity in wheel chair. It prevents to falling backward and increases the stability of the chair.

I made it my self because my chair is standard one, and didn't have one.

Wheelchairs for sport come with a special third wheel for safety.



Heavy Bag. The weights I used are 30Kg and 40Kg.



Sparring Gloves. The Taekwon-Do sparring gloves are ideal for the bag work and sparring because they are open in the hand. This allows better mobility with the chair.



Helmets. These types of helmets are the best to prevent any excess of contact in sparring. People in wheelchair are very strong and their punches are very strong.



Mouthguard.



Vest. For some exercises, I recommend sparring vest for the same reason as the helmet.



Groin shield cap



Baton. Wood or PVC baton for self defense training.



Rubber Knife.



Resistance Band with Handle. These simple object is very important for strengthen exercises.



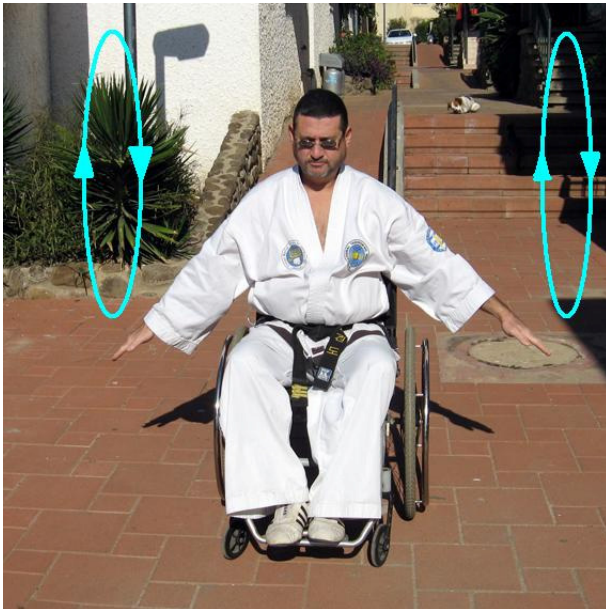
WARMING AND STRETCHING

Like any physical activity, it's a must to execute exercises before and after training. Before training to prepare the muscles and joints for the activity and after to slow down and relaxing all the muscles used.

It's imperative to dedicate between fifteen and twenty minutes for warming and stretching before starting with the Taekwon-Do techniques.

Here the order of exercises, I regularly use to perform the warming stage before the Taekwon-Do training in wheelchair.

I start by warming the shoulders in slow circular movements. First, ten times to one side and ten times to the other side.



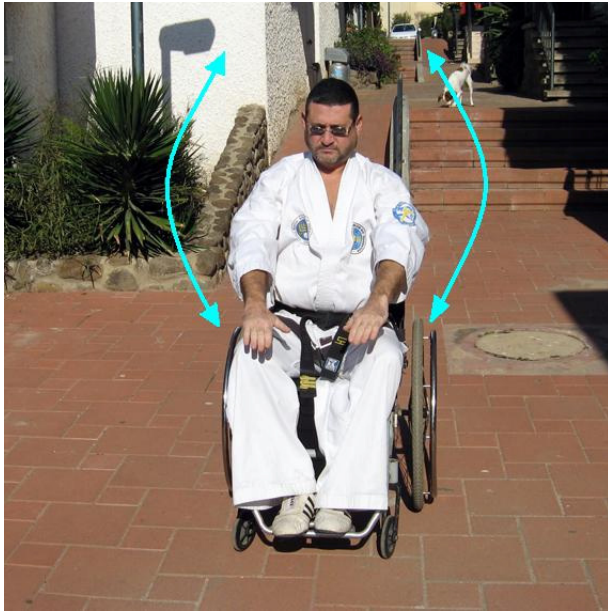
Put the hand on the opposite shoulder to isolate the movement and turn the arm in circles. Ten times on each side.



Extend your arms to the front at the shoulders level, and open them aside. Ten repetitions.



Extend your arms to the front at the level the wheels, then lift them up until they touch each other. Ten repetitions.



Turn the head slowly to the sides. Ten repetitions.



Move the head, up and down, slowly. Beware to not put pressure in your nape. Ten repetitions.



Move the head to the sides, slowly. Beware to not put pressure neck. Ten repetitions.



Move, slowly, the head in circular movements. Beware to not put pressure in your nape. Ten repetitions.



Take the rim of one wheel and try to bring it to your chest. To stretch the muscles of the lower back.



Take the upper side of the back of the chair and try to bring it to your chest. To stretch the muscles of the upper back. Ten repetitions each side.



.Put the inner side of the right arm, in the outer side of the left arm (upper the elbow) and push backward. This exercise stretches the muscles of the shoulder. Ten repetitions each arm.



Put the right hand on the elbow of the left arm, behind the head, and push to the right. This exercise stretches the muscles of the shoulder. Ten repetitions each arm.



Put the hands in the back of your head, and move the body, slowly to the sides. Ten repetitions.



Put the hands in the back the head and move the body, slowly, aside, backwards. Ten repetitions.



Open the arms aside and move them up and down, around thirty degrees.



Lift the arms aside and move the body sideways as in the photo. Ten repetitions.



Extend the right arm, the inner side upwards. The right elbow straight. Take the fingers with the left hand and pull them to your body, in direction of your stomach. Stretches the inner side of your arm and hand. Ten repetitions each side.



1- Lift the left hand to yours eyes level.



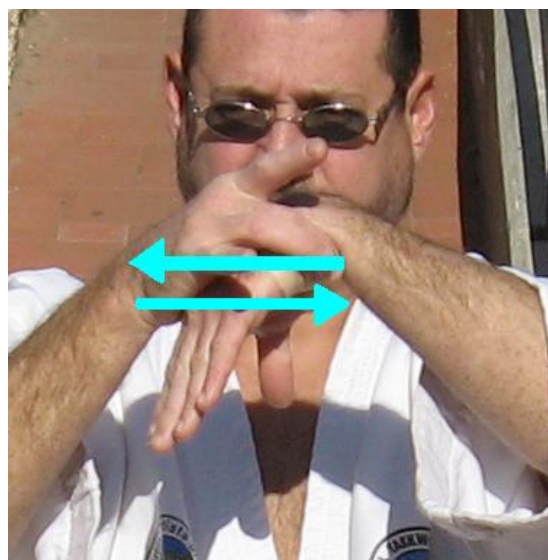
2- Bend the wrist with the fingers downwards.



3- Put the right hand on the back side of the left hand and close the thumb and the middle finger around the wrist.



4- Make lever with the fingers as showed in the photos. Stretches the wrists and joints. Ten times each side.



1- Lift the left hand to the level of your eyes. Turn the palm of the hand outside. The thumb to the front.



2- Put the thumb of the right hand in the outer side of the left hand.



3- Take the big muscle of the thumb of the left hand and make lever, pulling it outside to the front. Stretches the wrist and joints. Ten repetitions.



1- Lift the hand. Put the palm outside the body.



2- Open the thumb and the forefinger forming an arc.



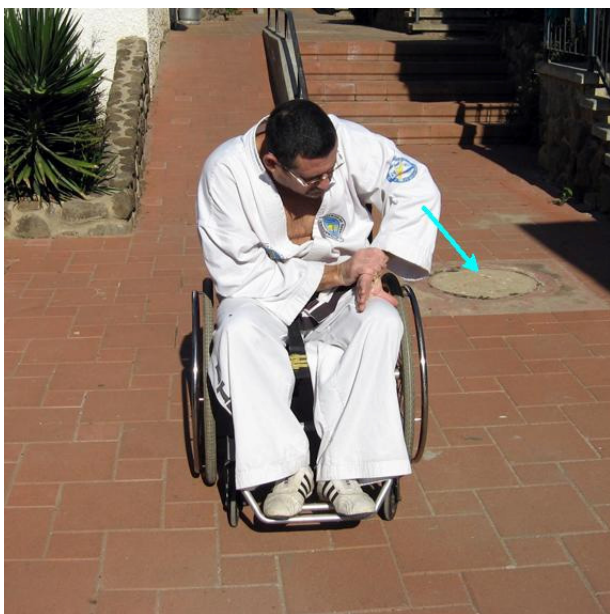
3- Put the arc, formed by the fingers, on the thigh.



4- Take the wrist making lever.



5- Push the shoulder to stretch the wrist, arm and elbow. Ten repetitions.



1- Lift the hand with the fingers upside.



2- Push the fingers in direction of the elbow.



FUNDAMENTAL TECHNIQUES AND EXERCISES

This is the core of this work. Here we make the difference. Here we see how it can be done.

In the following pictures I'll show the parallel model between the regular positions in Taekwon-Do and Taekwon-Do for people in wheelchair. This chapter does not pretend to be a Bible of the stances and techniques. It only makes a comparison between the two geometries using the same basic stance-techniques.

Stance-Posture: **Attention Stance – Charyot Sogy**
This position is used to salute.



Stance-Posture: **To Bow – Kyong Ye Jase**



Stance-Posture: **Ready Stance - Narani Jumbi Sogi**



Stance-Posture: **Front Middle Punch – Kaunde Ap Joomuk jirugi**



Stance-Posture: **Front Middle Punch – Kaunde Ap Joomuk jirugi (side view)**



Stance-Posture: **Front High Punch – Nopunde Ap Joomuk jirugi**



Stance-Posture: **Front High Punch – Nopunde Ap Joomuk jirugi (side view)**



Stance-Posture: **Front Low Punch – Najunde Ap Joomuk jirugi**



Stance-Posture: **Front Low Punch – Najunde Ap Joomuk jirugi (side view)**



Stance-Posture: **Low Block – Najunde Makgi**



Stance-Posture: **Low Block – Najunde Makgi** (side view)



Stance-Posture: **Upper Block – Chookyo Makgi**



Stance-Posture: **Inward Block - Annuro Makgi**



Stance-Posture: **Inward Block - Annuro Makgi** (The movement)



Stance-Posture: **Inward Block - Annuro Makgi** (The movement) (side view)



Stance-Posture: **Outside Block – Bakuro Makgi** (The movement)



Stance-Posture: **Outside Block – Bakuro Makgi** (The movement) (side view)



Stance-Posture: **Guarding Block – Bakat Palmok Daebi Makgi**



Stance-Posture: **Guarding Block – Bakat Palmok Daebi Makgi** (side view)



Stance-Posture: **Guarding Block with Knife Hand – Sonkal Daebi Makgi**



Stance-Posture: **Guarding Block with Knife Hand – Sonkal Daebi Makgi (side view)**



Stance-Posture: **Side Strike With Knife Hand – Sonkal Yop Taerigi**



Stance-Posture: **Circular Block – Dolli Mio Makgi**



Stance-Posture: : **Up X-Fist – Nopunde Kyocho Joomuk**



Stance-Posture: **Low X-Fist – Najunde Kyocho Joomuk**



Tone Up and Accessories Training

Tuning Up With Rubber Band

The following exercises are designed to tone up the muscles of the arms and body.

People in wheelchairs use the muscles of the arms, upper back and shoulders all the time. By the experience with these exercises It can be seen that, these exercises in combination with stretching, also bring relax to group of muscles.

I used basic materials to make the equipment for these exercises. The equipment is made with a rubber of the wheel of bike and a handle. It can be used anywhere (is very mobile) with the help of a hook.



Put yourself aside the rubber.



Push the rubber to the side of the body.
Ten repetitions with each arm.



Put yourself in front of the rubber.



Take the rubber and pull it downwards, in
direction of the wheel. Ten repetitions with
each arm.



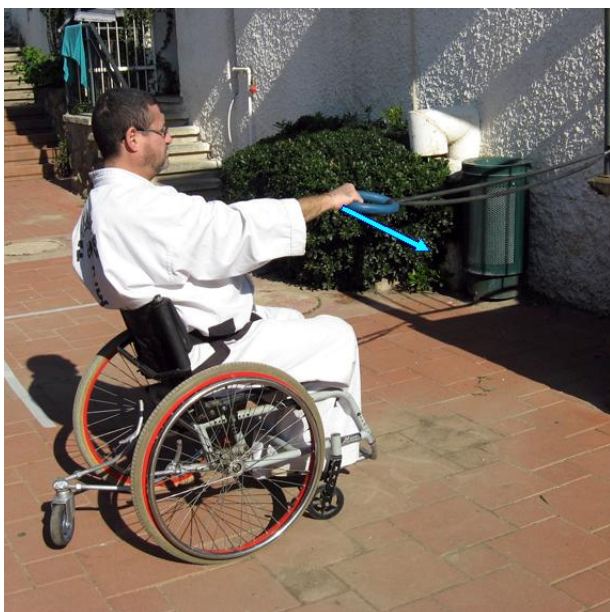
Put yourself in front of the rubber.



Take the rubber and pull it upwards. Ten repetitions with each arm.



Put yourself in front of the rubber.



Take the rubber and pull it outside. Ten repetitions with each arm.



Put yourself with the back to the rubber.



Take the rubber and push it in front of you. Ten repetitions with each arm.



Put yourself with the back to the rubber.
Take the rubber with the right hand and hold the arm, putting the left hand on the right biceps.



Push to the front, working the triceps. Ten repetitions with each arm.





Training with a Bag

Training with a bag may be done with the wheelchair static or with the wheel chair moving (dynamic.)

Using a static wheel chair is like training in a regular chair and is oriented to developing technique. In this way we perfect the movements, thus the bag acts as a judge, "telling" us when a technique is incorrect.

Training dynamically without stopping is very quick and very hard training. There is an intrinsic interaction with the bag. The bag also pushes us. And then we learn to drive the wheelchair, taking advantage of the momentum, without hands.

For training with bag, the Taekwon-Do gloves are perfect, because they are open in the palm allowing the handicapped person to also move the wheels of the chair.

The amount of exercises is limited only by your imagination.





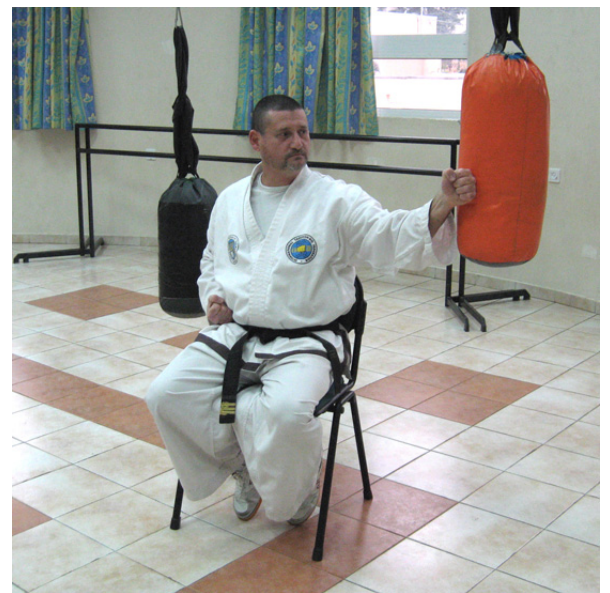
Put yourself in front of the bag and punch with the first and second knuckle (Ap Joomuk Jirugi).





Put yourself aside the bag and hit with knife hand (Sonkal Yop Taerigi).

Put yourself aside the bag and hit with the back of the punch (Doong Joomuk).





Put yourself in front of the bag and hit with the elbow (AP Palkup).

Put yourself 45 degrees with the hands in guard position. Hit the bag, front hand and then the other. Return rapidly to the guard position. (Doo Ke Jirugi)





Put yourself in front of the bag and punch
Upward Punch or upper-cut. (Ollyo Jirugi)

Put yourself in front of the bag and punch
with two hands U-Shape Punch (Digutja
Jirugi)





Put yourself in front of the bag and hit with the palm (Pyonjoomuk Nopunde Jirugi).

Put yourself aside the bag and hit with the elbow (Yop Palkup).



PATTERNS



Patterns are the most important way of training any kind of martial art. Pattern (Tul) is a series of attacks and defenses, organized in a certain order, to imaginary enemies. By repetition of these patterns the martial artists achieve greater skills and efficiency for combat situations.

Using a bit of creativity we can adopt these patterns to the requirement of our group. .

Here I will present the first two of them. These are Saju Jirugi and Saju Makgi. These are the two first basic patterns that a student learns on the first rungs of the ladder of Taekwon-do

SAJU JIRUGI Four direction punch



Stance-Posture: **Attention Stance – Charyot Sogy**



Stance-Posture: **To Bow – Kyong Ye Jase**



Stance-Posture: **Ready Stance - Narani Jumbi Sogi**





Stance-Posture: **Front Middle Punch – Kaunde Ap Joomuk jirugi**





Stance-Posture: **Low Block – Najunde Makgi**



Stance-Posture: **Front Middle Punch – Kaunde Ap Joomuk jirugi**



Stance-Posture: **Low Block – Najunde Makgi**



Stance-Posture: **Front Middle Punch – Kaunde Ap Joomuk jirugi**



Stance-Posture: **Front Middle Punch – Kaunde Ap Joomuk jirugi (back view)**





Stance-Posture: **Low Block – Najunde Makgi**





Stance-Posture: **Front Middle Punch – Kaunde Ap Joomuk jirugi**



Stance-Posture: **Ready Stance - Narani Jumbi Sogi**



Stance-Posture: **Attention Stance – Charyot Sogy**



Stance-Posture: To Bow – Kyong Ye Jase



SAJU MAKGI

Four direction defense

Stance-Posture: **Attention Stance – Charyot Sogy**



Stance-Posture: **To Bow – Kyong Ye Jase**



Stance-Posture: Ready Stance - Narani Jumbi Sogi



Stance-Posture: Low Block with Knife Hand – Najunde Sonkal Makgi





Stance-Posture: **Outside Block – Bakuro Makgi**



Stance-Posture: Low Block with Knife Hand – Najunde Sonkal Makgi



Stance-Posture: Outside Block – Bakuro Makgi





Stance-Posture: Low Block with Knife Hand – Najunde Sonkal Makgi





Stance-Posture: **Outside Block – Bakuro Makgi**





Stance-Posture: Low Block with Knife Hand – Najunde Sonkal Makgi





Stance-Posture: **Outside Block – Bakuro Makgi**





Stance-Posture: **Ready Stance - Narani Jumbi Sogi**



Stance-Posture: **Attention Stance – Charyot Sogy**



Stance-Posture: **To Bow – Kyong Ye Jase**



SPARRING



Sparring is the same as for people that walk. It's imperative to group partners with similar abilities and skills

The different types of sparring are:

- Three step sparring - Sambo Matzokgi.
- Two step sparring – Ilbo Matzokgi.
- One step sparring – Ibo Matzokgi.
- 1-1, One technique each one.
- 2-2, One technique each one.
- 3-3, One technique each one.

- 3-1, One technique each one.
- Fight semi free.
- Free fight.
- Etc...

My students enjoyed these exercises very much and the results were amazing. The students had a wonderful feeling of self achievement and generally felt very good with themselves

SELF DEFENSE

First of all, a little bit of Physics. We have to know the geometrical changes, both the advantages and disadvantages of sitting in a wheel chair..

Here some considerations:

The center of gravity of someone in wheel chair is lower than the center of gravity of someone standing.



In a fight when two people are in contact the mass becomes one. One mass means that instead of each person (mass) having a centre of gravity there is only one centre of gravity.

The guy with the center of gravity passing through his body, is the one in “charge”. He gets the equilibrium of the two mass together.

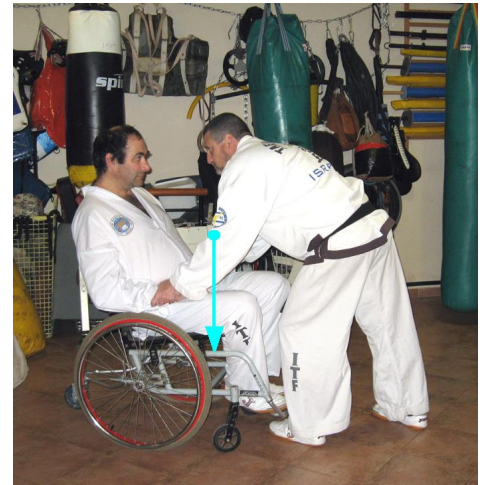
The two men are separated, so there are two centers of gravity. The standing man has the advantage and manages the situation.



The two men are in touch. The center of gravity becomes one and it passes between the two bodies. The standing man has the advantage and manages the situation.



The two men are in touch. The center of gravity moves and it passes to the body of the sitting man. The sitting man has the advantage and manages the situation.



I am not pretending to write a full manual of self defense. It will take a while. I only propose some possible responses to different attacks.

To teach self defense to disabled people, we first, have to understand and plan the different scenarios of attacks against them.

Fundamentally, as in the theory of Taekwon-Do, are three kinds of response to the different scenarios: *Attack*, *Break* and *Release*. It's called the *ABR Principle*.

The aggressor for example may attack me by grabbing my hand. I can then react in the following different ways:

- Attack with the other hand (counter attack).
- Break his wrist by applying lever on his joint.
- Release my self and then counter attack.

Let's see some different scenarios of aggressions and the possible responses.

First see how to release one self when the aggressor grabs the hands.

The aggressor catches the two hands of the assaulted.

Release the hand making a quick movement to the point where the fingers of the attacker close to the wrist.



Pass the right hand of the aggressor to my right hand making him to cross his arms. Then I apply a lever on his joint.



Attack form the back. The aggressor pushes the wheel chair suddenly trying to push us away.
 Stop a wheel changing the path the chair is being pushed.
 Move around putting your self at a 45 degrees angle to aggressor.



Take his hands pulling with the left and pushing with the right.

Grab the neck of the aggressor with the left hand and push. At the same time pull with you right hand towards your back.



Grab the shoulder of the aggressor and push downward, pulling with your right hand.



Without leaving the shoulder, hip his nape and the back of his head, with your elbow (more than once).



The aggressor grabs the clothes

The aggressor grabs the clothes aiming or preparing to hit or tip.



With the left hand, grab the back of the hand catching the thumb of the aggressor.



Punch him in his face to “soften” him.



Hit with the palm of the hand to the base of the nose, pulling with the left hand.



Beware to not hit his teeth.



Grab his nape.



Push him down.



Hit his nape with your elbow.



The aggressor grabs the arms.

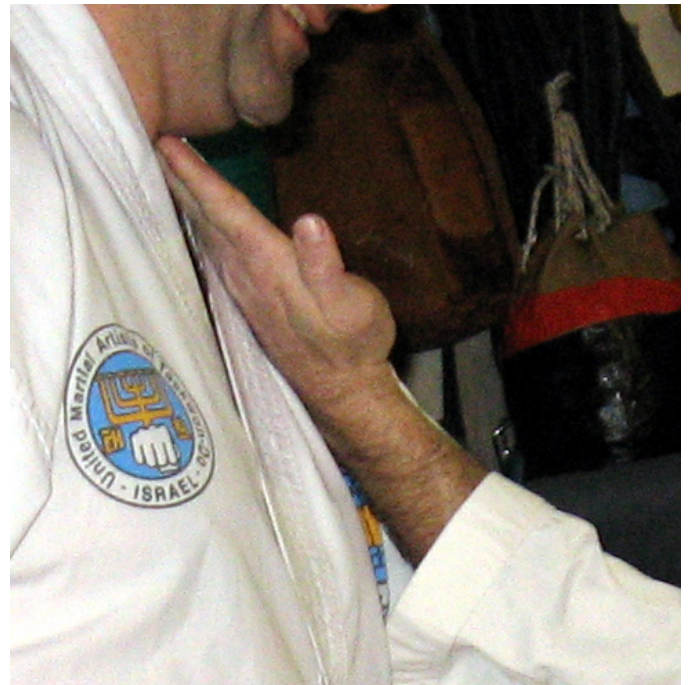
The aggressor grabs the arms from the outside of the arms.



With the left hand grab the hand that grabs the right one and release it with a quick movement backwards.



Grab the hand with the right hand released and pull to your back. At the same time hit his throat with your fingers in knife form. Opun Sonkut Tulgi.



Hit him the thumb in the eye.



Finish him with a punch to the groin.



Attack with punch

The aggressor attacks with punch and we defend against the punch with middle inward defense. Bakat Palmok Bakuro Maki.



Grab the hand with your left hand , as shown in the picture.



Grab his face putting the thumb in the base of his nose and pulling with the other hand.



Make lever with the right hand.



Grab his head and punch him in the throat



I recommend punching as many times as is necessary till shocking the aggressor.

Always grab when you hit so as not to allow the aggressor to reinitiate another attack.

The aggressor grabs the arms.

Open the hands bringing him closer to your chest and releasing your hands.



Grab his hand with yours and with the other hand move to his groin trying to hit them. He will bend over you.



Grab his clothes with the left hand and hit him in the base of his chin with an upper cut or elbow



Attack from behind

Attack from behind grabbing the shoulders



Push the thumb making lever against the joint.



Put your hand on his hand and grab his thumb.



You then turn naturally with your wheel chair. Attack his face with the free hand piercing his eye with the thumb. Do not release the other hand.



Attack with punch from behind.
The attacker grabs our shoulder and punches.



Anticipate his movement catching his fist.



Bring his fist across his body.



Grab his fist with the other hand.



Punch him in his throat.



Attack his face with the fingers in knife hand shape.



Grab his face bring him down.



Bring him down.



Push him away.



Attack from behind grabbing the neck.
Take his hand from upside lifting the left arm.



Make lever against the arm lifted.



Catch his arm while you hip him in the face with the back of the fist.



Attack with knife.

A frontal attack with a knife.



I put my hand inside searching for my favorite technique.



My 9mm !!!!



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שרון יונתן



קבוצת טאיקוונדו לנכים. מודעות ורגישות צילום: אילן שיבר

כאן בפעילות והתלהב, ויצרו איתי כבר קשר מהולנד. יש בעיה של מודעות בתחום, כי זה נושא חדש שדרכה נכים לא מודעים אליו, ובנוסף צריך להבין שגם הטאיקוונדו המסורתי בארץ עדיין לא תפס כל כך, במיוחד לא באזור המרכז. מי שמעוניין להצטרף יכול לפנות למתנ"ס בנווה ישראל או לעמותת כנ"ף. ספורט כזה יכול להגיע לאולימפיאדת הנכים? "אני לא רואה סיבה שלא. יש הרבה תחומים בתוך אמנות הלחימה שאפשר להתחרות עליהם, כמו קרבות וטכניקה."

מהרצליה תצא הבטורה

ששון עוזר (50) מהרצליה, יו"ר עמותת כנ"ף (ראשי תיבות של "כן פנאי") באזור השרון, קטוע רגל מזה 30 שנה, מפרגן לעירייה ואומר כי פתיחת החוג היא המשך למודעות הגבוהה לפעילות הנכים בהרצליה.

"בעירייה החלו לפני מספר שנים לפתור את בעיית שעות הפנאי של הנכים", מספר עוזר. "יש הרבה נכים שיושבים בבית ואין להם מה לעשות, ולכן הוחלט ליצור פעילות לשעות הפנאי של הנכים."

"העירייה, בראשותה של יעל גרמן, יזמה את חוג ריקודי העם הראשון בארץ לנכים על כיסאות גלגלים, שבו בן הזוג של הנכה הוא רקדן או רקדנית רגילים מחוג ריקודי עם. בתחילה זה לא נראה שנכים ירקדו על כיסאות גלגלים. זה החל משישה זוגות, ובתקופה הטובה הגיעו ל-50 זוגות,

עד כמה זה מגביל אותם? "האמנות בנויה מאגרופים, בעיטות והפלות. כמוכן שהם לא יכולים לבעוט ולהפיל, אבל בפעילות הידיים יש דברים רבים שיכולים לבוא לידי ביטוי. הם עושים הגנה עצמית, קרבות עם כיסאות גלגלים, חבטות בשק איגרוף. "תמיד אומרים על נכים 'שלא נדע' ואני אומר: שכן נדע. בשביל זה לאחר מכן התיישבתי על כיסא גלגלים כי להבין את הקשיים שלהם מקרוב."

איך דיתה היתה חתולה? "מהחלטה העסק זרם מצוין. לי זה נתן סיפוק אדיר ואני מרגיש שאני מקבל הרבה יותר מאשר מעניק להם. בשבילי זו התגלות של עולם חדש לגמרי שלא הכרתי מקודם. עברתי שנים כמנתח מערכות מחשבים בחברת היי טק, אבל אין להשוות את הסיפוק שאני מקבל מהם לעומת לראות תוכנה פועלת."

מה זה נתן לך? "רוב היום הם יושבים ולא מפעילים את הגוף. כאן הם באים להתפרק. זה מעניק להם פיתוח גמישות של הגוף עליון, הם מטפסים, מכים על שק אגרוף. הטאיקוונדו המסורתי הוא 60% ידיים, ו-40% רגליים, לכן זה לא נתפס עדיין כמשהו שנכה יכול לעשות, עד שרואים אותם."

זה יכול לתפורס תאוצה? "לפי מיטב ידיעתי, זה החוג הראשון והיחיד בעולם לנכים. אני פועל לפתיחת חוג נוסף בקרב נכי צה"ל לקראת פתיחת שנת הפעילות הבאה. המנהל של ההתאחדות הבינלאומית ראה אותם

מדי יום שלישי, בשעות אחר הצהריים, מגיעים שישה נכים לאולם הספורט של מתנ"ס נווה ישראל. תתפלא, אבל הם לא באים לאימון בענף הכדורסל לנכים, אלא לאימון בחוג הטאיקוונדו. נשמע אולי קצת בדיוני ולא הגיוני, אבל זה ממש כך: חוג טאיקוונדו לנכים. במשך שעה וחצי הם חובטים בשק האיגרוף, מחזקים את ידיהם בעזרת רצועות, ואפילו עורכים קרבות ביניהם. בניגוד לטאיקוונדו האולימפי, עוסקים הנכים בטאיקוונדו המסורתי.

את הקבוצה מודריך חורחה אורמן בן 46 מהרצליה, סגן נשיא ההתאחדות הישראלית לטאיקוונדו. אורמן מספר כי פתיחת החוג לפני כשבועה חודשים היתה מקרית ביותר. אורמן מצוין כי לקבוצה למעשה קוראים "וונדו", כי החלק של "טאי" בשם טאיקוונדו (המסמל את פעילות הרגליים) בעצם לא רלוונטי עבור הנכים. למי שסקרן, "וונדו" זאת פעילות הידיים, ו"דו" זאת הדרך הפילוסופית של האמנות.

להבין את הקשיים

"בהתחלה לא ידעתי למה לצפות, אז התיישבתי על כיסא מחשב, דימתי את עצמי לנכה, והתאמנתי על שק האיגרוף", משחזר אורמן כיצד פיתח את הטכניקה המיוחדת עבור הנכים. "צריך לחשוב כמוהם כדי להבין את תגיאומטריה שלהם, שהיא שונה כמוכן מו של אדם רגיל", הוא מסביר. הספורט הזה בנוי הרבה על פעילות רגליים.

ונפתחו בעקבותינו מקומות אחרים ברחבי הארץ. כך נוצרה למעשה להקה 'גלגל במעגל', שהיא להקה ייצוגית של הרצליה ושמה הולך לפניו לכל מקום.

"הפעילות הזאת הראתה שנכים יכולים לעשות גם פעילויות אחרות. הטאיקוונדו זאת פעילות נוספת שאפשר לעשות על כיסא גלגלים. זה משלב ריכוז, תנועת ידיים ולחימה. הטאיקוונדו מפעיל את כל התנועות של היר, מחזק את היר ובונה את השריר בצורה טובה יותר."

זה יכול לתפוס בארץ?

"כמו שחוג הריקודים התחיל עם שישה איש בהרצליה והיום יש חוגים באשקלון, אשדוד, ראשון לציון, נס ציונה, חדרה וחיפה, כך אני לא רואה סיבה מדוע הטאיקוונדו לא יתרחב גם למקומות נוספים. אני ממליץ בחום לכל נכה לנסות את הטאיקוונדו. אני

מאמין שמהרצליה תצא הבשורה, שהיא עיר מאוד מתקדמת מבחינת נגישות לנכים. הדבר חשוב לא רק לחיזוק השרירים בידיים. אם הנכה יכול לשרת את עצמו טוב יותר והופך להיות עצמאי, הדבר בא לידי ביטוי גם בנושא החברתי."

מקבל כוחות חדשים

יעקב עטון (51), הסובל משיתוק ילדים (פוליו), מגיע כל שבוע לחוג מכפר סבא. "החוג הזה נותן לי יותר מודעות לגוף שלי", אומר עטון, "אני מודע לצרכים שלי כחולה פוליו. רוב היום אני מרגיש חלש, אבל אחרי

שעה כאן נעלם הכל, ואני מקבל כוחות חדשים. אני ממליץ לכל בן אדם לעסוק בטאיקוונדו, אבל בעיקר לנכים."

גם ישראל סהר (55) מגיע מכפר סבא במיוחד לחוג. גם הוא סובל משיתוק ילדים, ומעיד שהחוג עוזר לו לשמור על כושר גופני. "אני מרגיש שאני לא נשחק", הוא אומר. דודו שרוני (50) מהרצליה, משותק בשתי רגליו. "רוב היום אני על כיסא גלגלים בלי לעשות מאמץ גופני", הוא מסביר,

"כאן אנחנו מפעילים שרירים שלא פועלים אצלנו בדרך כלל. זה נותן הרגשה יותר טובה מבחינה גופנית."

יעקב אורי (67) מהרצליה, הוא המבוגר מבין החבורה. הוא משותק כבר 15 שנה עקב נפילה במקום עבודתו. במקביל לטאיקוונדו הוא מתאמן גם בטניס, "החוג מפתח לי את

הכוח בידיים, את הריאות ושרירי הבטן", הוא אומר.

אין בחוג של אורמן נכה מתחת לגיל 50. אורמן מתייחס לכך שעדיין לא הצליח למשוך צעירים יותר: "לצערנו יש במדינה המון נכים צעירים, אבל עדיין לא יצא לנו למשוך אותם אלינו. זאת משימה קשה מאוד, כי בארץ הטאיקוונדו המסורתי עצמו לא ממש נפוץ ולא מושך הרבה פעילים. זה המקום להודות גם ליוסי אלבלח, מנהל אולם הספורט במתנ"ס נווה ישראל שמארח אותנו ויש לו מודעות גבוהה ורגישות לכל פעילות הנכים."

אורמן: "אני פועל לפתיחת חוג נוסף בקרב נכי צה"ל לקראת פתיחת שנת הפעילות הבאה. המנהל של ההתאחדות הבינלאומית ראה אותם כאן בפעילות והתלהב, ויצרו איתי כבר קשר מהולנד"

Fighting From a Wheelchair

About 7 months ago in Hertzliya a Taekwon-Do group was opened, the only one in the country and perhaps the only one in the world for handicapped people. In order to start training them, the trainer, Jorge Orman had to imagine himself in a wheel chair.

Every Tuesday at 1 pm 6 handicapped people arrive at the sports hall of Community Center "Neve Israel". You will be surprised because they are not coming to play basket ball but to train in a Taekwon-Do group. Perhaps it sounds like fiction and illogical but it is really that, a Taekwon-do group for the handicapped. For an hour and a half they hit the punching bag, they strengthen their hands with the help of belts and even reenact combat between themselves.

As opposed to the Olympic Taekwon-Do they occupy themselves with traditional Taekwon-do. The trainer is Jorge Orman aged 46 vice president of the Israeli Taekwon-Do Federation. Orman explains that the opening of the class about seven month ago was completely by chance. Orman explains that the group is infarct kwon-do as Tae in Taekwon-do is (the action of the legs) not relevant to handicapped people. For those interested "Kwon" is the action of the hands and "Do" the philosophy of the art.

To understand the difficulties

"When I started I did not know what to expect, I sat on an office chair and imagined myself as a handicapped person and exercised with a boxing bag." To start Orman copied the special techniques of a handicapped person. "One needs to think as they do in order to understand their geometry which of course is different from that of normal people. He explains.

This sport is largely built on regular movements. This limits them a lot.

The sport is built on punches kicks and movement. Of course they cannot kick and are not mobile. With their hands they can do most things. They do self-defense and spar with the wheel chair and punch the punch bag.

"It is said about handicapped people that we shouldn't know but I say that we should know and this is why I sat on a wheel chair to understand their difficulties fighting."

How was the decision?

From the beginning the project flowed well. For me it gave great satisfaction and I feel that I gained from them more than I give them. For me it was to discover a completely new world that I did not previously know. I worked for years as an annalist of computer systems in a hi-tech company but there is no comparison of the satisfaction I receive from them compared with that of seeing a programme work."

What does it give them?

"Most of the day they are sitting and not using their bodies. Here they release themselves. It allows them mobility and development of the upper body

They concentrate on hitting the punch bag. Traditional Taekwon-do is 60% hands and 40% legs, it is still not realized that that handicapped people can do it until you see them doing it.

Can it achieve results?

From what I know it is the first and only group in the world for handicapped people. I am working to open a new group for handicapped people in the near future for handicapped people from the Israeli defense force around the beginning of next year. The manager of the international federation has seen them here and was enthusiastic and has already given me a contact in Holland.

There is a problem of awareness in the subject, because it is new and many handicapped people do not know about it. In addition to this traditional Taekwon-do in Israel has still not caught on, especially in the centre of the country. Anyone interested can contact the sports centre "Neve Israel" or the Kanaf association.

Can this sport go to the handicapped Olympics?

"I do not see any reason why not. There are many areas in martial arts that one can compete in like fighting and technique."

From Hertzliya a message is sent

Sassoon Ozer (50) from Hertzliya head of the committee of the Kanaf association (Yes free) In the Sharon area and involved for 30 years backs the town council and says that developing this activity shows the continuation of activities for the handicapped in Hertzliya

"Hertzliya has for a many years looked to find solutions for the free time of handicapped people" says Ozer. "There are many handicapped people who sit at home and have nothing to do". And thus decided to give handicapped people activities for their free time.

The town council lead by mayor Yael German, was the first in Israel to organize wheel chair folk dancing for handicapped people whose partners were regular folk dancers. In the beginning it did not seem that handicapped people would dance in wheel chairs and it started with six couples and its height reached 50 couples and developed to other places in Israel. From there came the group "wheel in a circle" a group representing Hertzliya and travels around the country.

This activity showed could do all sorts of activities. Taekwon-do is another activity that can be done on a wheel chair. It is a combination of concentration, movement of the hands and fighting.

Taekwon-Do uses all the arm movements, strengthens the arm and builds the muscle in the best way"

Can it catch on in Israel?

"As with the dance group that started with six people in Hertzliya and today there are groups in Ashkelon, Ashdod, Rishon, Nes Ziona, Hadera and Haifa, I see no reason why Taekwon-do cannot expand in the same way.

I recommend to all handicapped people to try Taekwon-Do. I believe that from Hertzliya will be sent a message that it is a town with an advanced attitude towards handicapped people. If the handicapped can allow himself more and become independent, this is also seen in socializing."

Finding new strength

Yakov Aton(51) suffering from polio comes every week to the group from kfar Saba. "the group gives me more awareness of my body" says Aton. "I am aware of my needs as someone with polio. Most of the day I feel weak. But after an hour here everything disappears, and I find renewed strength. I recommend everyone to do Taekwon-Do , especially handicapped people."

Also Israel Shahr(55) comes from Kfar Saba specially for the group. Suffer from polio and says that it helps his body fitness." I feel I am not worn out" he says.

Dudu Sharoni (50) from Hertzliya paralyzed in both legs. "Most of the day I sit in my wheel chair without doing any exercise. Here we use muscles that we usually do not use. It give the body a better feeling"

Yakov Uri(67) from Hertzliya is the oldest in the group. He has been paralyzed for 15 years after a fall at work. Along with Taekwon-do he plays tennis. "The group gives me strength in my arms, my lungs and stomach muscles" he says.

There is no one in Orman's group under 50. Orman relates to the fact that he has not managed to attract younger people "Unfortunately In Israel there are many young handicapped people but we still have not managed to attract them to our group. It is a very hard assignment, because in Israel traditional Taekwon-Do itself is not vet wide spread and does not attract many people. Here I would like to thank Yossi Albalach manager of the sports hall Neve Israel who allows us to use the sports hall and is very aware and sensitive of all activities for the handicapped.

Luchadores sin escollos



En Israel se entrena el primer grupo de Taekwon-Do en silla de ruedas. Su instructor de origen argentino, Jorge Orman, vicepresidente de la Asociación Israelí de Taekwon-Do, desarrolló la innovadora técnica y el equipamiento para personas con necesidades particulares: "Kwon-Do"

Por Esther F. Yeshayahu

"Nunca imaginé que me sentaría en una silla de ruedas para dar clase" dice sorprendido y a la vez entusiasmado Jorge Orman (46), precursor del Taekwon-Do en Israel, quien abandonó la carrera de Analista de Sistemas y Programación para dedicarse de lleno a este arte marcial, una vocación que lo acompaña desde la adolescencia.

¿Cuál fue su primer contacto con el Taekwon-Do?

Allá por el año 1972 comencé a interesarme por las artes marciales. Practiqué Judo, Karate, pero ya desde 1970 presenciaba las clases de Karate para adultos en la Sociedad Hebraica Argentina, esperando que algún día se abra un curso para chicos. A los 15 años empecé a tomar clases con el profesor, Nam Sung Choi, con quien me inicié en esta disciplina. Luego pase a estudiar con el profesor Pablo Trajtemberg, quien me formó hasta mi segundo Dan.

Más adelante (1995-1996) me gradué para tercer Dan. Quisiera que se sepa, que Argentina ha producido grandes maestros artistas marciales de Taekwon-Do del mundo, elegidos por la Federación Internacional, como el Dr. Héctor Marano, actual director técnico de dicha federación y Pablo Trajtemberg que es su vicepresidente.

En 1980 llegué a Israel, trayendo la primera representación de Taekwon-Do ITF al país, a través de una carta que lo acredita, escrita por el creador del Taekwon-Do: el Gral. Choi Hong Hi. En 2004 interrumpí para siempre mi carrera de informática.

Actualmente soy vicepresidente de la "Unión de Artistas Marciales de Taekwon-Do Israel" que es la Asociación nacional que nos agrupa.

¿Podría definir el Taekwon-Do para quienes no lo conocemos?

Es un arte marcial de origen coreano, su filosofía y valores culturales se basan en los valores de respeto Confucionistas. Consiste

en golpes de puño y patadas estilizadas que expresan mucha fluidez y libertad. Pero la libertad no quiere decir que no sea riguroso, sus movimientos están estudiados en forma científica y exige el estudio de la física de cada movimiento y articulación para que los golpes sean lo más exactos y potentes posibles.

El Taekwon-Do tradicional, que es el que yo practico, enfatiza la defensa personal. El aspecto competitivo representa sólo una parte, a diferencia del Taekwon-Do olímpico que está más orientado al deporte competitivo.

Es un arte marcial donde no se utilizan armas, pero se enseña a defenderse de ellas.

En el Taekwon-Do tradicional existen alrededor de 3200 técnicas que se estudian concienzudamente y siempre mediante un protocolo, casi ritual, establecido entre el alumno y el profesor. Por eso me pareció importante estudiar coreano y así poder manejar el lenguaje de este arte. En coreano hay tres formas de dirigirse al interlocutor dependiendo del grado de parentesco y jerarquía social.

Los orientales tienen su organización de Taekwon-Do a parte, y han perdido la carrera competitiva ante los occidentales. En Corea democrática este arte está politizado y en Corea del Norte se han apoderado del Taekwon-Do tradicional por lo que la Federación Internacional, a la que nosotros pertenecemos, se mantiene al margen.

¿Cómo surge su trabajo con gente en silla de ruedas?

Fue realmente imprevisto. Estaba en una reunión en casa de un gran amigo, Ronen Shapira, y entre los invitados había gente en silla de ruedas, amigos de Ronen, los que me transmitieron su interés por el Taekwon-Do y su inquietud por practicarlo. Pero antes de que habláramos hubo una anécdota que valió más que mil palabras.

Mi amigo tenía una bolsa de entrenamiento en el jardín y su hija me pidió que le pusiera el vendaje y le enseñara a pegarle a la bolsa. Luego se acercó uno de los amigos de Ronen (en su silla de ruedas), de ojos muy

curiosos y vivaces para pedirme lo mismo; después se sumaron tres amigos más (todos mayores de cincuenta años) rodeando la bolsa de golpe y lanzando puñetazos con mucha alegría como si hubieran descubierto algo nuevo, una sensación desconocida que podían experimentar con su cuerpo a pesar de sus limitaciones.

Ese día nació la idea de abrir un curso de Taekwon-Do para ellos, en el Centro Cultural y Deportivo Nevé Israel en Herzlia.

¿De qué manera adaptó la técnica del Taekwon-Do tradicional para estos grupos?

Parto de la siguiente premisa: lo que uno no tiene, no se puede reemplazar. Al comienzo pensé que sentándome en la silla giratoria del ordenador podría ponerme en el lugar de mis alumnos, pero no fue eficaz dado que la silla se caía hacia los costados. Entonces me facilitaron una silla de ruedas con la que sí logré vivir, en forma virtual, el hecho de disponer solamente de la parte superior del cuerpo; por esa razón denominé a la técnica "Kwon-Do", *kwon* significa técnicas de puño y *do* es el camino filosófico del arte marcial, prescindiendo de Tae que significa técnicas de pierna.

El entrenamiento se basa en el trabajo con bolsa para lograr una buena circulación sanguínea, ya que no se realiza actividad aeróbica como correr o saltar.

Traté de adaptar las técnicas tradicionales a una nueva geometría individualizada, es decir, que satisfaga las necesidades personales de cada alumno. Para eso hay que tener en cuenta la simetría de cada caso en particular y aprovechar al máximo las habilidades con las que podemos contar. La disciplina sigue siendo la misma pero disponemos de otros recursos.

¿El Kwon-Do requiere un equipamiento especial?

Para la práctica de Taekwon-Do se necesita la bolsa de entrenamiento y accesorios de protección: guantes, botas, canilleras, protección inguinal y cabezal, ya que el trabajo es de semi-contacto, como en el

Taekwon-Do propiamente dicho. Cuando hablamos de trabajo en silla de ruedas se usa solamente la protección superior, que consta de todo lo mencionado menos las botas.

Hemos diseñado aparatos expresamente para el alumno en silla de ruedas, por ejemplo: el pegómetro, el gomómetro y el rompómetro. Todos están elaborados con goma de caucho y madera y sirven para entrenar el puñetazo, la elongación de los músculos y el rompimiento de maderas que es un aspecto destacado en esta disciplina. Estos son algunos ejemplos que forman parte del equipamiento del Kwon-Do.

"En hebreo hay un dicho popular que dice: 'she lo nedá' - que no sepamos (que no suframos desgracias). Creo que aplicado a nuestro tema se debería decir 'she ken nedá' que si sepamos, que conozcamos y aceptemos al prójimo cada día más con sus limitaciones y ventajas, para poder colaborar sin miedos".

¿Qué beneficios les proporciona?

Fortifican todas las áreas que no movilizan en la vida diaria, mejorando el metabolismo, la circulación, el relajamiento, la tonificación muscular etc.

Con los elementos de los cuales disponen realizan todo lo que hacen las personas que caminan ya sea en lucha o en defensa personal; el límite se lo impone cada uno según sus posibilidades.

La actividad incrementa la concentración y la confianza en sí mismos y lo más importante es que les infunde alegría, motivación para competir, en un marco de verdadera diversión.

Siempre me intereso por escuchar sus inquietudes, observaciones y comentarios, porque me ayuda a comprenderlos cada vez mejor.

En este caso, a diferencia de los grupos habituales el profesor está en desventaja... (risas), porque los alumnos al practicar sentados se cansan menos y eso exige doblemente al instructor.

¿El Kwon-Do es terapéutico?

Considero que el Kwon-Do es terapéutico en la medida en que genera movimiento y mejora el estado general de la persona en silla de ruedas.

La práctica no pretende curar una enfermedad, sino satisfacer las necesidades para lograr el desarrollo de las capacidades específicas de los alumnos.

Los fundadores de la escuela Centro Israelí de Taekwon-Do (de la cual soy miembro), el Lic. en Psicología Leonardo Oros Duek y Luis Sajnovetzky, trabajan también con personas con necesidades especiales.

¿Qué repercusión ha tenido el Kwon-Do en Israel?

Varias instituciones se están interesando por abrir cursos en diferentes puntos del país. De momento, estoy en tratativas para iniciar clases de Kwon-Do en Nejei Tzáhal (Liciados de Tzáhal) durante el próximo año de actividades.

Del mismo modo, queremos incentivar al público joven para que conozca y experimente la técnica.

El director de la Federación Internacional tuvo oportunidad de vernos en acción y quedó muy impactado.

Disponemos de un sitio de Internet * que ha despertado la curiosidad y el interés también en el exterior. En Holanda el Kwon-Do produjo una iniciativa real, por lo que ya planean su implementación contando con nuestro apoyo.

Confío en la preocupación y sensibilidad de instituciones y asociaciones tanto estatales como privadas en Israel, en el sentido de priorizar el bienestar y la calidad de vida de un sector de la población que tanto le ha brindado al país.

¿Cómo resumiría su experiencia personal con alumnos de estas características?

Me siento muy comprometido en una labor gratificante y relativamente nueva para mí, ya que enseño Taekwon-Do desde hace más de veinte años y lo sigo haciendo, pero el trabajo con estos alumnos de Kwon-Do me enriquece, especialmente como ser humano. En cierta forma, durante una hora y media de clase me pongo en lugar de ellos para percibir el mundo desde una perspectiva que antes no veía, lo que establece la empatía necesaria y la intimidad entre cada uno de ellos y yo. Además, me gratifican mucho las demostraciones de cariño y agradecimiento que manifiestan.

En hebreo hay un dicho popular que dice: "she lo nedá" - que no sepamos (que no suframos desgracias). Creo que aplicado a nuestro tema se debería decir "she ken nedá" que si sepamos, que conozcamos y aceptemos al prójimo cada día más con sus limitaciones y ventajas, para poder colaborar sin miedos.

Ese acercamiento es la base del conocimiento y la convivencia, una buena fórmula que nos conduce a todos a llevar una vida más plena■

* Página Web: [www//tkd-israel.org.il](http://tkd-israel.org.il)



Demostración a cargo de Orman y sus alumnos en el torneo nacional del Centro Israelí de Taekwon-Do (abril, 2006)

Fighters

Without Limitations

In Israel Jorge Orman, vice-president of the Israeli association of Taekwon-Do trains the very first group of Taekwon-Do in wheelchairs. Their instructor from Argentina developed the innovating techniques and the equipment for people with particular needs for "Kwon-Do".

By Esther F. Yeshayahu

"I never imagined that I would sit on a wheelchair to give class " says a surprised and at the same time enthusiastic Jorge Orman (46), forerunner of the Taekwon-Do in Israel, who gives up his career in system analysts and programming to dedicate at full to this martial art, a vocation that accompanies him from the adolescence.

What was your first contact with the Taekwon-Do?

Around the year 1972 I began to be interested in the martial arts. I practiced judo, karate, but already from 1970 I witnessed the classes of karate for adults in the "Sociedad Hebraica Argentina", hoping that some day a course would be opened for children.

When I was 15 years old, I began to take classes with the professor Nam Sung Choi, who initialized me in this discipline. Then I continue to study with the professor Pablo Trajtenberg, who taught form me until my second Dan. I then (1995-1996) graduated to third Dan.

I want to say that Argentina has produced many great martial artists. Professors of the Taekwon-Do world selected them for the International Taekwon-Do Federation, for example Dr. Hector Marano, current Technical Director of the ITF and Mr. Pablo Trajtenberg who is the vice-president.

In 1980 I came to Israel bringing the first Taekwon-Do ITF representation to the country. I came with a letter written by the creator of the Taekwon-Do: the General. Choi Hong Hi permitting me to introduce Taekwon-Do in Israel.

In 2004 I left for good my career in computer science.

At the present, I'm vice-president of the "Union of Martial Artists of Taekwon-Do Israel" that it is our national association that groups

Could you define the Taekwon-Do for those who don't know it?

It is a martial art of Korean source, it's a philosophy and cultural value based on the Confucianism respect values. It consists of punches and stylized kicks that express a lot of fluidity and spontaneity. But spontaneity does not mean that is not disciplined; the movements are studied in a scientific manner and demanding the correct physical form exactly and efficiently as is possible.

The traditional Taekwon-Do, the one which I practice, emphasizes the personal defense. The competitive aspect represents single a part, unlike the Taekwon-Do Olympic that is more oriented to the competitive sport.

It is a martial art that does not use weapons, but it teaches to defend against weapons.

In the traditional Taekwon-Do exist about 3200 techniques that studies conscientiously and always through a protocol. It is almost a ritual between the student and the instructor.

Therefore I thought that was important to study Korean language of this art. In Korean there are three shapes to direct to the conversation depending on the relationship and social hierarchy.

The Orientals have their organization of Taekwon-Do separately, and have lost the competitive run in the presence of the western society. In the democratic Korea this art has been politicized and in North Korea took possession of the traditional Taekwon-Do. The International Taekwon-Do Federation, that I belong to, stays apart of politics.

How did you start your work with people in wheelchair?

It was truly unexpected. I was in the house of a great friend of mine, Ronen Shapira. Between the guests were people in wheels chairs, friends of Ronen, who showed me their interest for the Taekwon-Do and showed an enthusiasm for learning it. But before we spoke I have an anecdote that is more value than a thousand words.

My friend had a training bag in the garden and his daughter asked me to bandage her hands and teach her to kick the bag. Then one of Ronen's friends comes near (in his wheels chair).

With very curious and vivacious eyes to ask me the same thing; after that, three more friends joined in (all fifty-years old) surround the bag and punching with a joy of discovering something new, an unknown sensation that they could experiment with their bodies in spite of their limitations.

That was the day that the idea to open a course of Taekwon-Do for them in the cultural and sport center Neve Israel in Hertzliya was born.

In which manner did you adapt the technique of the Taekwon-Do traditional for these groups?

I begun with the following premise: what one does not have cannot be replaced.

At the start I thought that by sitting in the swivel computer chair could put me in the place of my students, but was not effective because the chair was felt sideways. They facilitated me a wheelchair with which I could achieve the experience in a real form, using only the top of the body: for that reason I named the technique "*Kwon-Do*". "*Kwon*" means techniques of handgrip and "*Do*" is the philosophical path of the martial art. Without the "*Tae*" that means leg techniques.

The training is based on work with bags to achieve a good blood flow, since they are not involved in physical activities such as running or jumping.

I tried to adapt the traditional techniques to a new particularized geometry that satisfies the personal needs of each student. For this it is necessary to keep in mind the symmetry of each specific individual and to make maximum use of the abilities and making them count. The discipline is the same but it dispose of other resources.

The Kwon-Do requires special equipment?

For the practices of Taekwon-Do it needs the training bag and accessories of protection: gloves, shinpads, groin protection and head protection.

The work is of semi-contact as in the original Taekwon-Do. When discussing work in a wheelchair we talk only about the protection of the upper body, which means using all the equipment with the exception of the shinpads.

I have designed instruments expressly for the student in a wheels chair. For example: the pegometro, the gomometro and the rompometro. All of them were elaborated with rubber and wood and serve to train better.

What benefits provides to them?

They strengthens all areas that are not used in every day life, by enhancing the metabolism, the circulation, the relaxation, strengthening muscles etc

With the tools they have, as people who walk they learn to fight and defend themselves to their maxim possibility

As activity increases the concentration and self confidence increases and the most important is that fills them with the motivation to compete, in a frame of a true recreation.

I am always interested in hear their concerns, remarks and comments, because it helps me to understand them better. In this case. unlike the regular groups, the instructor is in handicap... (laugh), because the students practice seated and tire less quickly and that doubles the demand on the instructor.

The Kwon-Do is therapeutic?

I consider that the Kwon-Do is therapeutic in the measure in which generates movement and enhances the general condition of the person in wheels chair.

The practices do not try to cure an illness. But it satisfies the needs to achieve and develops specific abilities of the students.

The founders of the school Israeli Taekwon-Do Center (which I'm member), are Leonardo Oros Duek, who is graduate in Psychology and Mr. Luis Sajnovetzky. They work also with people with special needs.

What repercussion has the Kwon-Do had in Israel?

Several facilities are interested in open courses in different parts of the country. For the moment, I am in negotiation to initialize classes of Kwon-Do in Nechei Tzahal (Wounded of Israeli Army) during the next year of activities.

In the same way. we want incentive to the young public in order to know and experience the technique.

The Technical Director of the ITF had opportunity to see us in action and was very impressed.

We have a site of Internet * that it has aroused interest both here and abroad. In Holland there is a real interest in Kwon-do and they have asked for our help in building the project

I believe in the caring of institutions and associations in Israel, to prioritize the well-being and the quality of life of a sector of the population that so much has given to the country.

How will you continue your personal experience with these students?

I feel very committed in a satisfying job that is relatively new for my. I have taught Taekwon-Do for more than twenty-years and continue to do so. However work with these students of Kwon-Do offer me special enrichment , especially as a human being. In a matter, for an hour and half I put myself in their place to and see the world from a perspective that previously I did not see, which gives me the necessary empathy and the closeness to all of them. Also I am rewarded with a lot of love and gratitude that they manifest.

In Hebrew there is a popular to phrase: "*SHE LO NEDA* " - that we shouldn't know (not to suffer their misfortunes). I believe that applied to our subject must to him say - so "*SHE KEN NEDA*" (that we should know) that we know and accept each day but with our limitations and advantages, to collaborate without fears to the fellow man.

That approach is the base of the knowledge and living together. a good formulate that gives us to all to a full life

* Webpage: www.tkd-israel.org.

In the photos: Demonstration in charge of Orman and his students in the national competition of the Israeli Taekwon-Do Center (April, 2006).

Chapter 12

CONCLUSIONS

It's a great experience to teach disabled people. The project requires an investment of an enormous amount of energy but both the student and the instructor receive an unimaginable amount of gratification from the art.

The main conclusion is that it can be done. Not all disabilities permit this kind of activity but for those with some capabilities in the upper body there is always a possibility to work with Taekwon-do.

The secret is simple, LOVE. Love to the people, love to the life, love to the art.

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